

Adult Volunteer Opportunities Spring/Summer 2024

Program	Volunteer Role	Session Times
<p>PALS (Physical Activity Led by Student)</p> <p>May 6 – June 14</p>	<p>Work 1:1 with a participant and guide them through their individualized exercise program. You will work with staff to develop/progress participants through the semester and help them achieve their fitness goals. Volunteers will have the opportunity to lead, plan and adapt exercises.</p> <p>*Please note program not active on May 20*</p>	<p>Session 1 – Monday @ 10:45-11:45 Session 2 – Monday @ 1:00-2:00 Session 3 - Tuesday @ 10:45-11:40 Session 4 – Tuesday @ 1:00-2:00 Session 5 – Wednesday @ 10:45-11:45 Session 6 – Wednesday @ 1:00-2:00 Session 7 – Wednesday @ 2:15-3:15 Session 8 – Thursday @ 10:45-11:45 Session 9 – Thursday @ 1:00-2:00 Session 10– Friday @ 10:45-11:45 Session 11– Friday @ 1:00-2:00 Session 12– Friday @ 2:15-3:15</p>
<p>Semi-Private Training</p> <p>June 24 – August 19</p>	<p>Work with participants and guide them through their individualized exercise program. You will work with staff to develop/progress participants through the semester and help them achieve their fitness goals. This is a similar volunteer placement to Adult PALS but will require you to work with multiple participants throughout the session.</p> <p>*Please note program is not active on July 1 or August 5*</p>	<p>Session 1 – Monday @ 10:45-11:45 Session 2 – Monday @ 1:00-2:00 Session 3 - Tuesday @ 1:00-2:00 Session 4 – Wednesday @ 10:45-11:45 Session 5 – Wednesday @ 1:00-2:00 Session 6 – Thursday @ 1:00-2:00 Session 7 – Friday @ 10:45-11:45 Session 8 – Friday @ 1:00-2:00</p>
<p>Fall Prevention</p> <p>May 7 – July 12</p>	<p>Support participants with a fall prevention program that aims to not only prevent falls and build their bodies to survive a fall but also will educate them in the process. Volunteers will have the opportunity to lead, plan and adapt exercises.</p>	<p>Session 1 – Tuesday @ 1:00-2:00 Session 2 – Friday @ 1:00-2:00</p>

Program	Volunteer Role	Session Times
<p>Sit to Be Fit</p> <p>May 7 – August 8</p>	<p>Support participants through a one hour seated aerobics class. Volunteers will have the opportunity to plan, lead and adapt exercises.</p> <p>*Please note program is not active on May 20, July 1, or August 5*</p>	<p>Session 1 – Tuesday @ 10:15-11:15 Session 2 – Thursday @ 10:15-11:15</p>
<p>Circuit Training</p> <p>May 7 – August 8</p>	<p>Support participants through a high intensity circuit training program. Volunteers will have the opportunity to lead, plan and adapt exercises.</p> <p>*Please note program is not active on May 20, July 1, or August 5*</p>	<p>Session 1 – Tuesday @ 11:30-12:30 Session 2 – Thursday @ 11:30-12:30</p>

Athlete Volunteer Opportunities Spring 2024

Program	Volunteer Role	Session Times
Athlete in Training May 7 – June 13	Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the semester and help them achieve their athletic goals.	Session 1 – Tuesday @ 4:30-6:00 PM Session 2 – Thursday @ 4:30-6:00 PM
Performance Para Development May 7 – June 13	Work with participants and guide them through their individualized strength and conditioning program. Instructing and cueing exercises with athletes. You will work with staff to develop/progress participants through the semester and help them achieve their athletic goals.	Session 1 – Tuesday @ 6:00-7:30 PM Session 2 – Thursday @ 6:00-7:30 PM
Steadward Bears Para Swim Team May 7 – June 13	Offer cueing and coaching to swimmers of varying skill level. Learn to adapt swimming skills and techniques for each athlete. Opportunity to create lesson plans under supervision of Head Coach. *Must be competent at swimming as a pre-requisite*	Session 1 – Tuesday @ 7:00-8:00 PM Session 2 – Tuesday @ 8:00-9:00 PM Session 3 – Wednesday @ 4:00-5:00 PM Session 4 – Thursday @ 7:00-8:00 PM Session 5 – Thursday @ 8:00-9:00 PM
Steadward Bears Para Athletics Team May 1 – July 17	Lead athletes in warm-up and cool-downs. Assist with transferring to racing chair, cue and coach, and lead workouts while walking, running, and/or wheeling beside athletes. Learn to adapt running, wheeling, and throwing skills/techniques. *Please note that location and times for the opportunity are variable and may change for week-to-week*	Session 1 – Wednesday (times variable) Session 2 – Friday (times variable) *contact tscparatrack@ualberta.ca prior to submitting your volunteer application to confirm a spot in this program.

Free2BMe Volunteer Opportunities Spring 2024

Program	Volunteer Role	Session Times
Free2BMe PALS (45 minutes) (ages 4-12) (Physical Activity Led by Students) May 6 – June 14	The PALS program will give you the opportunity to teach motor skill development to improve participant physical literacy through 45 minute 1:1 instruction. We will train you how to coach participants during sessions and how to create a lesson plan. *Please note program not active on May 20*	Session 1 – Monday @ 4:00-4:45 Session 2 – Tuesday @ 4:00-4:45 Session 3 – Tuesday @ 5:00-5:45 Session 4 – Wednesday @ 4:00-4:45 Session 5 – Wednesday @ 5:00-5:45 Session 6 – Thursday @ 4:00-4:45 Session 7 – Thursday @ 5:00-5:45
Free2BMe PALS (60 minutes) (ages 12-19) (Physical Activity Led by Students) May 6 – June 14	Work 1:1 with a participant and guide them through their individualized 60 minute exercise program. Each session will finish with some game elements. You will work with staff to develop and progress participants through sessions to help them achieve their fitness goals. *Please note program not active on May 20*	Session 1 – Monday @ 5:00-6:00
Teen Fitness Fun (ages 12-19) May 9 – June 13	Support teens to workout in a fun, social atmosphere. Participants will discover different way to keep fit, work on exercise technique and fitness knowledge while training in a supportive environment.	Session 1 – Thursday @ 6:30-8:00
Activity Sampler (ages 7-12) May 8 – June 12	Facilitate participants sampling a variety of different sports and activities. Each week the group will try out something new. Volunteers will have the opportunity to lead, plan and adapt exercises.	Session 1 – Wednesday @ 6:00-7:00

Program	Volunteer Role	Session Times
<p>Cycle Adventure (ages 12-19)</p> <p>May 7 – June 18</p>	<p>This program is designed for the cyclist looking to develop their cycling skills. Work with participants to build their endurance and cycling skills by riding on trails throughout the University of Alberta campus and surrounding areas. Assist in teaching participants to shift gears, share trails and roads with other users, all whilst exploring Edmonton's beautiful river valley. Program will run rain or shine. Volunteers will need to bring their own bike and helmet.</p> <p>*Please note program not active on May 14*</p>	<p>Session 1 – Tuesday @ 6:00-8:00</p>
<p>Cycle Challenge (ages 4-12)</p> <p>May 8 – June 12</p>	<p>Leave the training wheels behind! Work one-on-one with a participant to help them gain the confidence and techniques needed to ride independently. Learn about play-based instruction and assist participants in achieving small attainable goals to make them feel comfortable and confident on two wheels. This program will run rain or shine.</p>	<p>Session 1 – Wednesday @ 4:30-5:15 Session 2 – Wednesday @ 5:30-6:15</p>
<p>1:1 Training Sessions (ages 4-19)</p> <p>May 6 – June 17</p>	<p>In this program, a TSC instructor works 1:1 with a participant and takes them through programming to help achieve their development and fitness goals. We recruit volunteers on a case-by-case basis to participate in and support these sessions.</p> <p>*Please note program not active on May 20*</p>	<p>Session times are variable. Please give as wide of a time range as possible days and times) when submitting your application.</p>

Summer Camps Volunteer Opportunities Summer 2024

Program	Description	Camp Daily Times
<p>Little Activators (3-7 yrs)</p> <p>July 2 – 5</p> <p>July 29 – August 2</p>	<p>This half-day camp introduces our youngest participants to the joy of physical activity. They will build fundamental movement skills through play, dance and movement activities.</p>	<p>July – 9:00-12:00</p> <p>August – 9:00-12:00</p>
<p>Nature Discovery (7-12 yrs)</p> <p>July 2 – 5</p> <p>July 29 – August 2</p>	<p>This half day camp will ignite curiosity around nature and encourage a better understanding of our natural world, all while creating physical activity in its original setting. Physical literacy meets the forest! Facilitate the reconnection of participants to nature.</p>	<p>July – 1:00-4:00</p> <p>August – 1:00-4:00</p>
<p>Splash & Fun (7-14 yrs)</p> <p>July 8 – 12</p> <p>August 6 – 9</p>	<p>This half day camp is intended to increase participant comfort in the water while engaging in swimming activities and games. There are no formal swim lessons involved in this camp.</p>	<p>July – 9:00-12:00</p> <p>August – 9:00-12:00</p>

Program	Description	Camp Daily Times
<p>Steadward Bears (12+ yrs)</p> <p>July 22 – 26</p>	<p>Support participants with developing their skills in swimming and track and field. Half of the camp will be spent in the Butterdome where participants will develop skills related to run, jump, throw, wheel. The other half of the camp will be spent in the pool focused on an introduction to competitive swimming skills.</p>	<p>9:00-4:00</p>
<p>TSC Teen Week (12+ yrs)</p> <p>July 15 – 19</p> <p>August 12-16</p>	<p>Time for the teens to shine! Join us for camp where teens will participate in many social activities where games and other fitness fun is enjoyed by all. One of the camp days will feature a session in the swimming pool. The week will be capped off with a visit to a local splash park!</p>	<p>9:00-4:00</p>
<p>Summer Staycation (19-29 yrs)</p> <p>July 8 – 12</p> <p>August 6 – 9</p>	<p>This half-day camp allows young adults to sample a variety of activities at TSC and on campus. Sampler activities will include but not be limited to an outdoor immersion session and a scavenger hunt in some of the unique museums U of A hosts on campus.</p>	<p>1:00-4:00</p>

FES Volunteer Opportunities Spring 2024

Program	Description	Session Times
<p>FES</p> <p>April 29 – June 28</p>	<p>Functional Electrical Stimulation exercise uses electrical currents applied to nerves via surface electrodes causing contractions in paralyzed or weakened muscles. Learn to set up and monitor individualized FES programs for adults experiencing disability to support their fitness goals.</p> <p>*Completion of an online FES training course (45-60 min) is required for this volunteer placement*</p> <p>*Please note program not active on May 20*</p>	<p>Session 1 – Monday @ 9:00-10:00</p> <p>Session 2 – Monday @ 10:00-11:00</p> <p>Session 3 – Monday @ 11:00-12:00</p> <p>Session 4 – Monday @ 12:00-1:00</p> <p>Session 5 – Monday @ 1:00-2:00</p> <p>Session 6 – Monday @ 2:00-3:00</p> <p>Session 7 – Tuesday @ 10:00-11:00</p> <p>Session 8 – Tuesday @ 11:00-12:00</p> <p>Session 9 – Tuesday @ 12:00-1:00</p> <p>Session 10 – Tuesday @ 1:00-2:00</p> <p>Session 11 – Tuesday @ 2:00-3:00</p> <p>Session 12 – Wednesday @ 9:00-10:00</p> <p>Session 13 – Wednesday @ 10:00-11:00</p> <p>Session 14 – Wednesday @ 11:00-12:00</p> <p>Session 15 – Wednesday @ 12:00-1:00</p> <p>Session 16 – Wednesday @ 1:00-2:00</p> <p>Session 17 – Wednesday @ 2:00-3:00</p> <p>Session 18 – Thursday @ 10:00-11:00</p> <p>Session 19 – Thursday @ 11:00-12:00</p> <p>Session 20 – Thursday @ 12:00-1:00</p> <p>Session 21 – Thursday @ 1:00-2:00</p> <p>Session 22 – Thursday @ 2:00-3:00</p> <p>Session 23 – Friday @ 9:00-10:00</p> <p>Session 24 – Friday @ 10:00-11:00</p> <p>Session 25 – Friday @ 11:00-12:00</p> <p>Session 26 – Friday @ 12:00-1:00</p> <p>Session 27 – Friday @ 1:00-2:00</p> <p>Session 28 – Friday @ 2:00-3:00</p>

FES Volunteer Opportunities Summer 2024

Program	Description	Session Times
<p>FES</p> <p>July 2 – August 30</p>	<p>Functional Electrical Stimulation exercise uses electrical currents applied to nerves via surface electrodes causing contractions in paralyzed or weakened muscles. Learn to set up and monitor individualized FES programs for adults experiencing disability to support their fitness goals.</p> <p>*Completion of an online FES training course (45-60 min) is required for this volunteer placement*</p> <p>*Please note program not active on July 1 or August 5*</p>	<p>Session 1 – Monday @ 9:00-10:00 Session 2 – Monday @ 10:00-11:00 Session 3 – Monday @ 11:00-12:00 Session 4 – Monday @ 12:00-1:00 Session 5 – Monday @ 1:00-2:00 Session 6 – Monday @ 2:00-3:00 Session 7 – Tuesday @ 10:00-11:00 Session 8 – Tuesday @ 11:00-12:00 Session 9 – Tuesday @ 12:00-1:00 Session 10 – Tuesday @ 1:00-2:00 Session 11 – Tuesday @ 2:00-3:00 Session 12 – Wednesday @ 9:00-10:00 Session 13 – Wednesday @ 10:00-11:00 Session 14 – Wednesday @ 11:00-12:00 Session 15 – Wednesday @ 12:00-1:00 Session 16 – Wednesday @ 1:00-2:00 Session 17 – Wednesday @ 2:00-3:00 Session 18 – Thursday @ 10:00-11:00 Session 19 – Thursday @ 11:00-12:00 Session 20 – Thursday @ 12:00-1:00 Session 21 – Thursday @ 1:00-2:00 Session 22 – Thursday @ 2:00-3:00 Session 23 – Friday @ 9:00-10:00 Session 24 – Friday @ 10:00-11:00 Session 25 – Friday @ 11:00-12:00 Session 26 – Friday @ 12:00-1:00 Session 27 – Friday @ 1:00-2:00 Session 28 – Friday @ 2:00-3:00</p>

To apply for any of our volunteer opportunities please visit our website:

<https://www.ualberta.ca/steadward-centre/get-involved/volunteer.html>. For more information on these volunteer opportunities please contact tscvol@ualberta.ca or 780-492-3182. We thank all applicants for their interest. Once the volunteer application form is submitted, all successful applicants will receive a confirmation once a spot has been secured.